

Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

Visit the "Tooth Lady"

Pari, our dental hygienist, loves teeth, and she wants to help you keep your child's teeth as healthy as can be. Schedule an appointment with Pari for fluoride application, or to talk about any oral health questions you may have.

Give her a call at 951-0079.

Snacktivity!

Thursdays

**December 1, January 5, and
February 2**

11:00 a.m.–1:00 p.m.

**Vermont Department of Health
108 Cherry Street, Room 1A
Burlington**

Drop in on the first Thursday of the month for a quick, tasty activity. Taste a snack made with WIC approved foods, do a fun drawing activity, and get a chance to chat with a WIC nutritionist about new recipes to try using your WIC food benefits.

No need to register. For more information, contact the Burlington WIC office at 863-7323.

**All activities are FREE
of charge!**

Prenatal breastfeeding and baby behavior workshop

**Tuesday, January 17
5:30–6:45 p.m.**

**The Family Room
20 Allen Street, Burlington**

Babies are born with the ability to communicate their needs — we just have to learn to recognize their cues. Learn more about how babies communicate, how breastfeeding works, and best practices for a successful start. Partners and family support welcome. You'll leave our group feeling prepared, supported, and ready for baby.

Call Jess at 373-7074 or e-mail Jessica.Laclair@vermont.gov to register.



Making it work: Breastfeeding when apart and secrets of baby behavior

**Tuesday, December 20 and
Tuesday, February 21
5:30–6:45 p.m.**

**The Family Room
20 Allen Street, Burlington**

Get off to a great start with your new baby. Learn how to understand what your baby is telling you, and get tips on keeping a strong breastfeeding relationship — even when apart for work and school. Babies, partners, and family are welcome to attend.

Call Jess at 373-7074 or e-mail Jessica.Laclair@vermont.gov to register.

Check out www.WIChealth.org

Stay on top of your nutrition education requirement with www.WIChealth.org. This online nutrition education option can be used on any computer, tablet or smartphone. Lots of great recipes and tips on preparing healthy foods are offered at www.WIChealth.org.

Make sure you have your WIC household ID to get started — call the WIC office at 863-7323 to get it.